LionsPride

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The Facts for a Stress-Free Finals Week

By Danielle Ferguson
Staff Writer

Saint Leo University's scheduled Fall final exam week is from Tuesday, Dec. 5 until Friday, Dec. 9, which leaves ample time of over three weekdays for students to get prepared mentally and physically for a 'stress-free finals week.'

Although this is the case, it still comes as no surprise that with finals week approaching, some students will eventually push their bodies to unhealthy limits in attempts to study for prolonged periods of time before taking exams; this can hinder their success rates. It seems that to carry out such behavior, more and more students have turned their willingness to resort to dangerous levels by illegally taking the prescription drug Adderall with expectations of an increased, highly focused study time so they can make the grades required.

The National Survey on Drug Use and Health, released in April of 2011, stated that 10-15 percent of all full-time college students aged between 18-22 years use the drug Adderall when it comes to extensive workloads or more prominently during the final exam period of the semester. In comparison, this statistic was almost twice the percentage of reported usage among the same age group not attending college full-time.

Adderall, which is a psycho-stimulant made up of mixed amphetamine, is a prescription drug designed to treat Attention Deficit Hyperactivity Disorder (ADHD) and is classified as a schedule II substance under the Controlled Substances Act. This designation means the drug has legitimate medical uses but has "a high potential for serious abuse." With this in mind, it is questioned as to why exactly one in five college students who have not been diagnosed with ADHD still take the drug? The answer lies with the apparent effectiveness of the medication, which is known as a "Smart Drug,"

Photo by: @HappyIn21

Stress is inevitable during exam time, take essential steps to ensuring not only your academic success, but your success wholistically.

Photo by: John Hall

The CAVE will be accessible to all students in the days and hours leading up to exam time, be sure to see one of the subject tutors for any area you may need assistance.

providing students with the super-human focus, due to an upswing in cognitive clarity, needed for marathon study or writing sessions and likewise indicating the extent of the drug's popularity on college campuses.

The harsh reality is that unfortunately most college students who rely on Adderall to get through final exams are highly unaware of the long list of warnings that stem from the potential side effects, including fast, irregular heartbeats, increased blood pressure, severe dizziness, seizures, hallucinations, loss of appetite and insomnia. In reality, sleep deprivation, poor eating habits, cramming, and ingesting stimulants to keep awake will not improve performance on finals, and therefore other stress management devices should be adhered to. Extensive research has shown that healthy coping mechanisms such as being prepared for exams before finals week, including notes, making outlines and creating a study schedule lead to a greater success rate.

It is also advised that students limit caffeine intake during finals week due to the stimulant nature which can make students feel more stressed. It is encouraged that enough sleep during finals week is achieved as lack of such can weaken the immune system, increasing the chance of sickness. Eating healthy during finals week will keep you energized for studying, along with getting some exercise. It is also vital that after an hour of studying, a five- to ten-minute break is undertaken to help you stay on task without getting frustrated or a headache from reading too much material at one time. All the external factors as mentioned above will help manage the stress students are faced and overwhelmed with and are critical for optimal cognitive functioning and performance when final exam dates are close by.

The Cannon Memorial library offers resources and services, which will be of major aid to students during this period. Library hours are from Sunday to Thursday 8 am to 2 am and Friday to Saturday from 8 am to 7 pm. The library offers a tranquil yet focused environment with the staff dedicated to helping all students achieve academic excellence, and assisting with library research. Along with this, the staff is concerned about student success in finding all the information required for forthcoming exams and are committed to providing remote and traditional library services to all patrons.

Further aid is provided to students at the CAVE, which is located on the first floor of Kirk Hall, where students can meet with tutors to help them in preparing for exams.

Additionally, the University recognizes the effects of stress on students and provides counseling services which strive to aid individuals on their path toward academic, social and personal growth. The counselor's office is located in DeChantal Hall and their services are free to students.

Editorial

How Saint Leo is Different From Other Universities

By Darelis Ortiz Vega
Contributing Writer

Saint Leo University, a private, Catholic university located in the small city of Saint Leo, Florida, is a university unlike any other. It values diversity as it educates students from all around the world and embraces its unique core values while providing an engaging and ever-growing environment.

Its students are numbered at over 15,000 worldwide, but around 2,200 live on campus or commute from nearby cities. These students are either proudly centered all over the world and study online or have traveled long distances from their homes to reside at Saint Leo's beautiful campus on a delightful lake.

Its compact, yet spacious campus can make its students feel comfortable and at home. Dorms filled with roommates that turn into best friends are only one of the many benefits that being part of such a captivating campus offers.

It contains small classrooms led by professors who dedicate their time to helping develop every student as an individual in hopes of successfully preparing them for their future careers. This compelling environment stands in comparison to other universities with auditoriums full of students led by professors that view their students as just another identification number on an attendance sheet.

"It's [Saint Leo] small and safe. I love how everyone knows one another. It feels like family, like a home away from home," stated sophomore religion major Allison Asher.

Everything done at the University encompasses its six core values: Community, Respect, Integrity, Excellence, Responsible Stewardship, and Personal Development. Its halls proudly display these on their walls in hopes of reminding the students and staff of how important it is to not only study and work by them but also to live by them since they provide such a strong foundation. Following these core values does not dull the college experience, though. Instead, it reinforces the activities held to make them meaningful.

Since the campus is a bit isolated, the University's Campus Activities Board brings events to the campus, and the school provides shuttles that escort students to nearby stores and restaurants for free. The activities held on campus include bringing popular singers to perform, artists, and much more so that students engage in fun activities with their friends and make unforgettable memories that are sometimes once in a lifetime opportunities. Also, the shuttles that provide transportation to off-campus locations give students without cars the opportunity to stock up on snacks and buy other necessary items as they visit various stores.

To top these great qualities, Saint Leo has an awesome cafeteria that serves various freshly made food and is undeniably mouthwatering. One may think to themselves that all universities have such buffets, but the food at Saint Leo is uniquely made with love by chefs who connect with the students and as a result, give the food a special touch. Students always look forward to relaxing with friends at the "café" while recharging their energy.

Saint Leo's environment is light and enjoyable at all times. Smiles are constantly on the students' and staff's faces as they make their way to their destination, assuring to all that can see that Saint Leo is the place to be.

Photo credit: Wakens Leonard

Saint Leo students, faculty, and staff strive to incorporate the core values of Community, Respect, Integrity, Excellence, Responsible Stewardship, and Personal Development into their daily academic and personal lives.

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Campus News

A Taste of the World

By Laurian Simpson
Contributing Writer

Saint Leo University can be described as a melting pot of cultures. On Nov. 15, the Student Activities Building and Student Community Center Loggias beamed with laughter and smiles as numerous students, staff and faculty came to appreciate samples of delicious foods from all around the globe.

The Intercultural Students' Association (ISA) of Saint Leo University hosts International Food Night each year, which grandstands a wide range of food from all around the globe.

The Intercultural Students' Association serves as a medium to break down cultural barriers, as well as a particular cultural stereotype. This annual event familiarizes students and employees of the cultural diversity present here on campus.

A week before the event, students were emailed and given the opportunity to volunteer to cook dishes indigenous to their country to be displayed at International Food Night. When students who prepared their national dishes were questioned as to what they liked the most about this event, the same answer was recapitulated: "It gives us International students a chance to show our background and how diverse each of our cultures is."

"This is the seventeenth year for International Food Night, and I think it was a success," said ISA president Katriel Grant-Hope. "I am very proud of ISA as we are small but mighty, and we put on the largest event on campus."

Grant-Hope went on to add that there were many changes made to this year's event.

"Diversity was at an all-time high in both our food and entertainment," said Grant-Hope. "Flamenco Dancing and Guitar Playing by Victor Moreno and Ester Suarez-Moreno, Didgeridoo Down Under: Australian Music, Education, Entertainment, Impulse Caribbean Band, Grupo Folklorico Mexicano Mahetzy Mexican Dance Troupe and Tiky Tiky Tak Greek Band."

The various foods featured included Indonesian Telur Pindane and Masi Gureng, Philippines Buku Salad, Jamaican oxtail and fish stew, Cuban empanadas, Trinidadian Curry Chicken, Puerto Rican Cielito Lindo and Ensalada de Coditos. To accompany these dishes were a variety of cold beverages such as Lemonade, Malta, and Cola Champagne.

Danielle Meikle, a junior majoring in Biomedical and Health Sciences, was one of the many persons who were enthusiastic about the event.

"I am from Jamaica, and I wanted to introduce the Saint Leo University community to Jamaican cuisine, as it is not featured in the cafeteria," said Meikle. "Additionally, it was a chance to enjoy food from home while being away which is always a great opportunity."

Meikle is a regular International Food Night attendee. This year she prepared a special Jamaican dish.

"This is my third year attending this event, and I prepared oxtail stew and fish soup," explained Meikle. "I have volunteered three years and cooked two years."

Students from various organizations turned up to help serve the food, and to grab a bite of it as well.

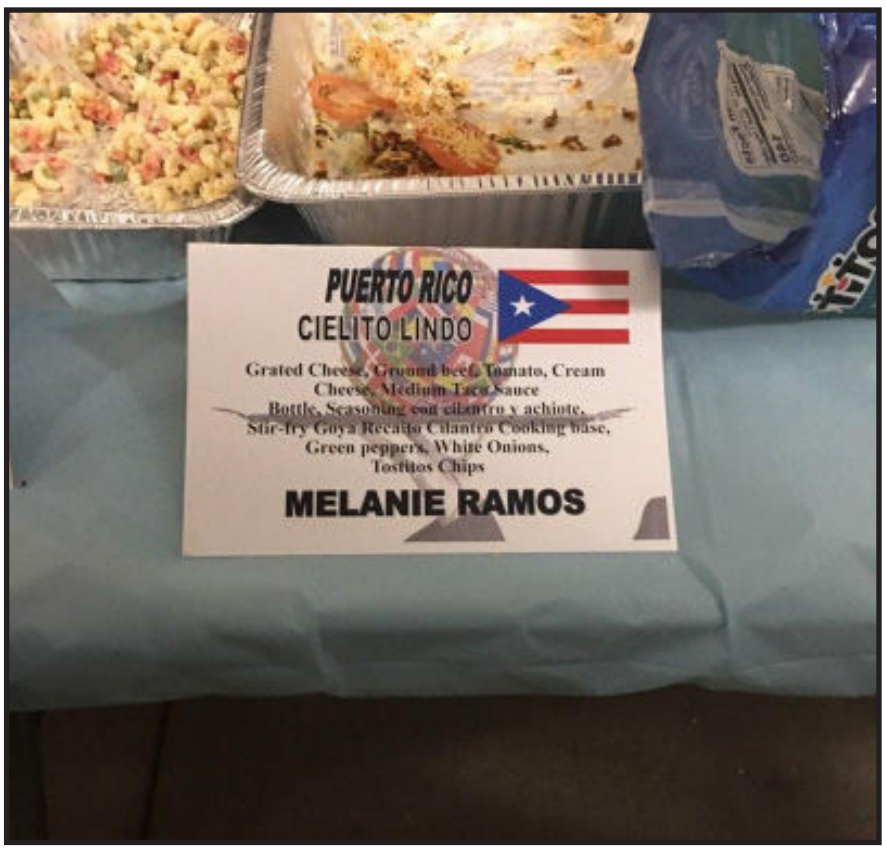
When asked if the event improved each year, Meikle stated that "There have been improvements each year, as there are more people and different food and music. The countries featured just keeps expanding."

Grant-Hope was quite enthusiastic about the future of ISA as she has plans in place for the growth and development of the club.

"This year we have increased the number of events," Grant-Hope said. "Typically, we do Regional Spotlight, Feast for the World, and A Night on Love Lane. This year we've also organized a Disaster Drive for the international countries affected by Hurricanes Harvey, Irma, Maria, and Mexican Earthquakes. We also added Regional Spotlight to the fall semester which was a success. I hope our club continues to grow and build."

Grant-Hope also wants to encourage more students and faculty to join in on more events like International Food Night. She ended the successful evening with some special words of encouragement and thanks, in hopes of inspiring students to carry out the ISA mission.

"Participate! The mission of our club is to promote and educate the campus on various cultures whether it be age, sex, race, color, creed, religion, national origin, sexual preference, culture, or disability. That's everyone," concluded Grant-Hope. "Join our organization, educate our campus about a culture you would like us to know more about. Thank you all for your support, and we look forward to bigger and better things next year."



Cielito Lindo, a Puerto Rican dish, is commonly served with a side of chips.

Tremendous support was received from the Saint Leo Community who came out to chow down.

Photos by Laurian Simpson

Editorial

Why Net Neutrality Needs to be Saved

Travis Farmer

Staff Writer

On Nov. 21st, the Federal Communications Commission (FCC) Chairman Ajit Pai revealed plans to repeal net neutrality in the United States, causing much outrage and political backlash. The FCC is expected to vote on the repeal on Dec. 14th, with an anticipated 3-2 vote in favor of the repeal. However, while this story has dominated headlines and the Internet for days, what is net neutrality? How does net neutrality affect the average consumer or even student at Saint Leo University? Perhaps most importantly, what can students do to fight the repeal?

First, for consumers to know what they're losing, they have to know what net neutrality is. Net neutrality is the principle that all Internet services should be equal, giving consumers a level playing field. Internet Service Providers, or ISPs, cannot throttle somebody's Internet or split a package, they must offer a level, equal, and neutral Internet package. For example, without net neutrality, Bright House could throttle the connection speeds to Netflix, as Netflix competes with their cable services. Or, Google Fiber could throttle the speeds to Yahoo or Bing, their biggest competitors.

This situation may seem familiar to some keen-eyed viewers of the news. In 2015, under the Obama administration and his elected FCC chairman, there was a similar battle for net neutrality. This battle ended with the FCC classifying broadband Internet as a utility, such as electricity or water. This effectively enacted "net neutrality" which prohibits ISPs from giving certain customers fast lanes or throttling other customers. However, two years later in 2017, Trump's elected FCC chairman announces his plans to end net neutrality for the country. So why do this, and is there an honest reason for repealing net neutrality?

Net neutrality as a concept is very one-sided in the nation. With a very loud response online and in the media, it is unclear why the government would ever repeal something so many voters in the nation want. However, this decision is not made with a nationwide vote, is it up to the five members of the FCC to vote on the bill. So, even if 99 percent of the population decided they wanted net neutrality to stay, the FCC members could still repeal it.

So, who comprises the FCC that holds power to affect the nation so significantly? The commission is made up of five members, three Republicans and two Democrats. Ajit Pai, the chairman, is one of the right-leaning members. Brendan Carr and Michael O'Rielly are the other conservative members, and Mignon Clyburn and Jessica Rosenworcel serve as the commission's liberals. It is expected that the repeal vote will pass 3-2, with the conservatives voting in favor of net neutrality and the Democrats voting to keep it.

Why would the commission vote to repeal something that so many citizens fought for and still believe is necessary for the nation? The main argument against net neutrality is that it affects the "free market." The free market is a term that conservatives advocate for to have a free and non-regulated economy and market without government interference. Conservatives see net neutrality as an attack on the free market and thus leads to their desire to repeal it.

Another argument being made in favor of the repeal of net neutrality is that it is yet another victim in the Trump Administration's attack on Obama's former Administration. President Trump has pledged much of his efforts in the early portion of his term to repeal Obama regulations, even pledging to repeal two orders for every one that he passes.

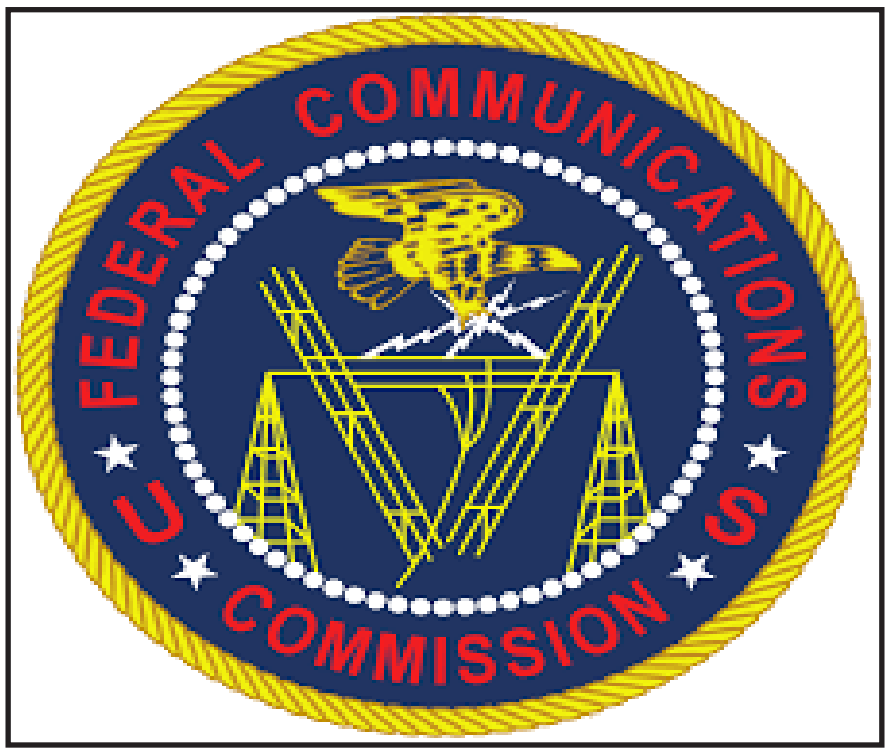


Photo from Wikimedia Commons

The Federal Communications Commission is a government agency that handles radio, television, satellite, cable, and wire communications.

The response to the impending repeal has been largely negative, both from Democrats and also from some of the more centrist-leaning Republicans. While conservatives agree that it attacks the free market, some still think net neutrality is necessary, as repealing it could be one of the most anti-consumer moves in recent history. However, some of the most devoted Trump supporters both in public and in the political realm have agreed with the FCC's move.

The most prominent argument in favor of the repeal of net neutrality isn't that the ISPs won't take advantage of consumers or the lenient laws, but that it won't be that bad when they do. Proponents of the repeal argue that when the ISPs take advantage of consumers and raise prices, throttle, and offer unfair packages, the consumer will be able to vote with their money. This is the concept that if a service is poor, the consumer will instead go to a competitor, thus showing the industry what consumers want. For example, if Comcast is negative with their packages and throttling and Bright House is not, consumers will flock to Bright House and Comcast will "learn." However, this belief is incredibly flawed and naïve in the world today, much less in a post-net neutrality landscape.

The argument against this belief is that most consumers in the country have no choice on what ISP they have. Comcast is known for being bloodthirsty and anti-consumer even with net neutrality; however, Comcast is the only Internet provider in many areas. For example, in a rural city, their only two options would be to have Comcast or no Internet at all. In this case, how are consumers expected to switch providers based on their needs?

"But new competitors will arise to fight the big ones!" is another argument; however, this also seems to be false. A more local, smaller ISP is almost always doomed to fail due to the Internet industries lobbying in Congress. Congress has passed many bills making it very difficult for new ISPs to start up, and even if they do start up, they would still have to rent the infrastructure from a bigger company. How could somebody who rents an apartment switch ISPs when Internet is included in their rent?

Another argument is that even in a free market, the "better" ISP would still end up with prices higher than what consumers started with pre-repeal.

How does a net neutrality-free world affect a college student, though? Besides the obvious throttling of standard entertainment platforms such as Netflix, Hulu, YouTube, and gaming, imagine if Saint Leo's Internet service provider that handles students' Wi-Fi and wired Internet decided to open an Amazon competitor? Many students get textbooks and school supplies from Amazon, but what if the school's ISP decided to throttle or block access to Amazon and only allowed access to their competitor with higher prices? Or, what if the ISP decided to raise prices for the school, would tuition have to increase to compensate?

Net neutrality is a nationwide issue and one that cannot be solved by simply going out to the ballot boxes. Net neutrality has to be saved by calling one's representatives, protesting, and simply being vocal. The country cannot keep continuing to have this fight every two years; it needs to be set in stone and left alone for future administrations.

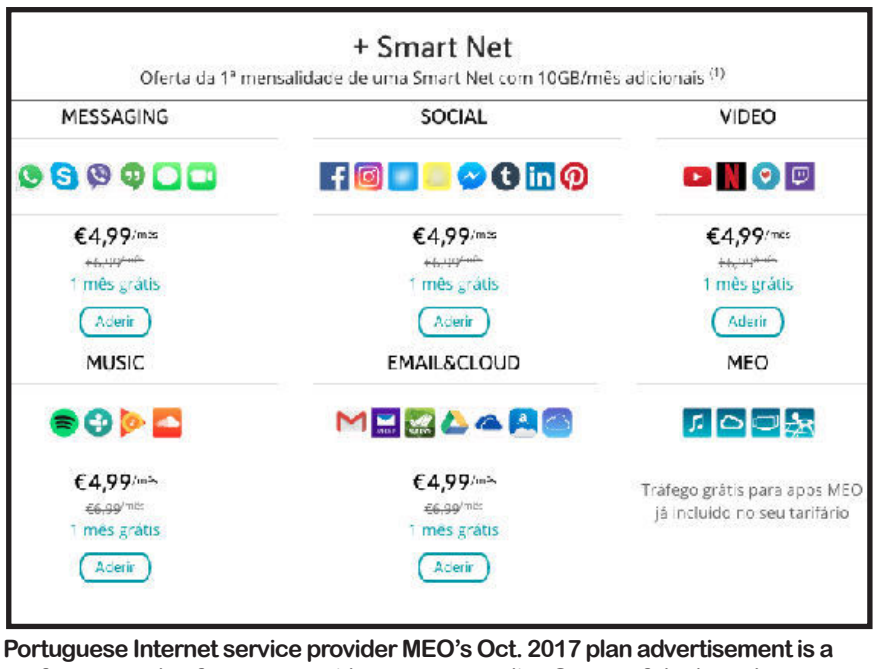


Photo from Wikimedia Commons

Portuguese Internet service provider MEO's Oct. 2017 plan advertisement is a perfect example of a country without net neutrality. On top of the base Internet charge, a consumer must pay extra for each utility and website they want to use.

Campus News

Lions' Pride Staff Thanksgiving Adventures

Kierra Gordon
Contributing Writer

Thanksgiving in The Bahamas was enormously eventful. Each day of the week was spent doing something different. Although this was mainly a Thanksgiving visit, it would have been incomplete without a quick trip to the beach. As I sat in the calm, crystal clear water, the hot sun was piercing against my skin. Since I was surrounded by palm trees, the wind blowing cooled me down. It was the most peaceful thing I had experienced in a long time. The popular Bahamian dishes of peas and rice, potato salad, baked macaroni and cheese mixed with the worldly popular, ham and turkey on the day of Thanksgiving made the trip a lot better. I was surrounded by family members and close friends discussing what we were all thankful for and enjoying the delicious food. It was a very delightful combination. Another day, I ate a bowl of conch salad and had an icy, strawberry and piña colada daiquiri. Conch salad consists of conch, onions, tomatoes, fresh orange juice, salt, green peppers and lime juice. Most of my trip consisted of eating meals I would not regularly eat in college. For example, I ate Bamboo Shack. Bamboo Shack is a restaurant offering delicious fried food as well as seafood. The menu extends to chicken breasts or thighs, cracked chicken, chicken wings, jerk chicken, cracked conch, fish fingers and crack lobster served either in the form of a dinner with rice and two side orders or with fries. It was just as enjoyable as it sounds. Going back home was a fairly peaceful experience I truly missed being able to enjoy. Thanksgiving break was a time to celebrate what really matters with people that matter the most. I enjoyed spending time with my loved ones, catching up on stories, eating great food and creating more memories.

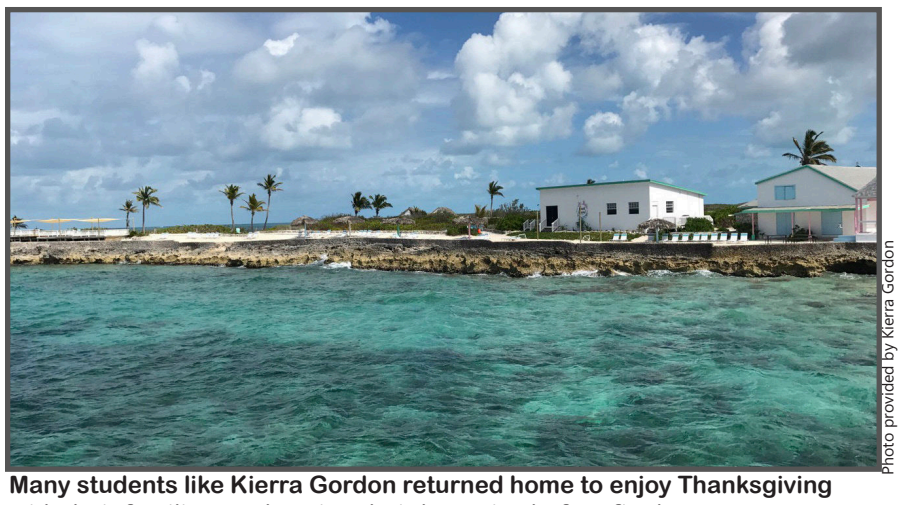


Photo provided by Kierra Gordon

Many students like Kierra Gordon returned home to enjoy Thanksgiving with their families, recharging their batteries before final exams.

Travis Farmer
Staff Writer

"For my Thanksgiving vacation, I went on a trip to the United Kingdom with Saint Leo's "The World of Harry Potter" class. As a group, we traveled to the London Eye, Buckingham Palace, the Warner Bros. Studio where many Harry Potter props are kept, and also to Edinburgh Castle, Holyroodhouse Palace, and the Scottish Highlands. Spending ten days in London and Scotland for Thanksgiving was simply amazing. It was a once in a lifetime opportunity, and we can't thank Saint Leo and Dr. Duncan enough for giving us the chance to go on this trip."

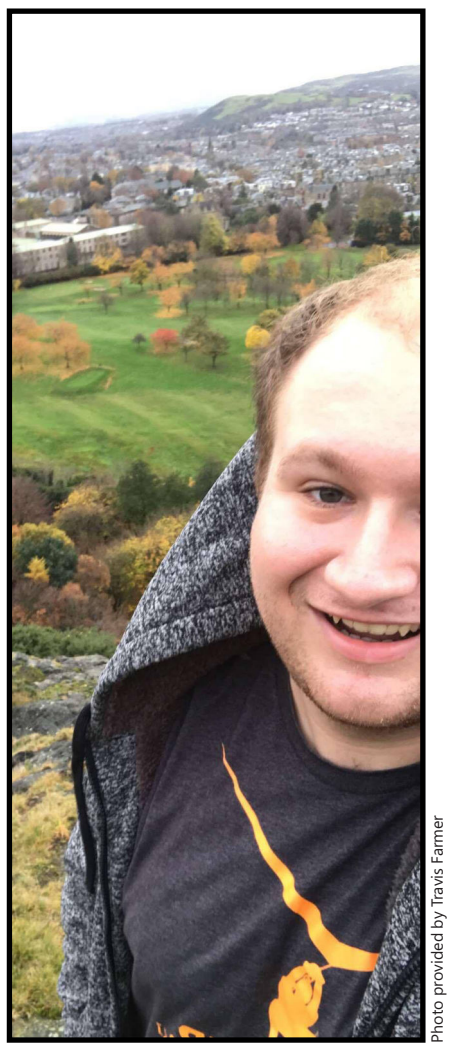


Photo provided by Travis Farmer

Travis Farmer was apart of a contingent of 11 students from University Campus on the trip to the United Kingdom

Marrietta Center Holds A Human Trafficking Seminar

Rebecca Hugh
Advertising Manager

On Nov 8., the public was invited to part one of the Saint Leo University's interdisciplinary human trafficking seminar which addressed the criminal aspects of human trafficking. However, even though part two will be scheduled for the spring, and will address the social/clinical aspect of human trafficking, the event took place between 10 a.m. to 2 p.m. at Saint Leo University's Marietta Education Center, 1395 S. Marietta Parkway, Building 300, Suite 104, Marietta, GA 30067.

The seminar was an interdisciplinary seminar headed by the Criminal Justice Department in conjunction with other like social sciences Sociology and human Services. Dr. Philip Neely, department chair of Criminal Justice; Michelle Allen, undergraduate Criminal Justice instructor and facilitator for the event; Dr. Margaret "Chris" Snead, assistant professor of Sociology; and Dr. Felicia Wilson, associate professor of Human Services, hosted the seminar, representing the three Saint Leo disciplines who sponsored the event.

The event was open to any Saint Leo University student, faculty or staff member that wanted to attend for community awareness.

"The seminar was to inform the public on the current efforts to combat human trafficking, raise awareness of the crime, and advocate for victims. The purpose of the event was to know how to identify human trafficking to help curtail the activity, know how to report, followed by knowing what services are accessible to the victims," explained Allen. "And also the collaborative efforts among the local, state, and federal agencies on stopping this crime and how they help those who have been trafficked."

While the event was free, those who attended Wednesday's session were asked to donate personal hygiene items which will be placed in "rescue bags" to be distributed to human trafficking victims. The donations collected will be handed over to the Dekalb County Police Department (Vice Unit). All items received will be put into rescue bags and distributed to the victims when they are recovered.

"Often the human trafficking victims have only the clothes that are on their person when recovered; these bags are a simple humanistic expression to let them know that they are important, and people really do acknowledge their worth," said Allen. "We must remember they have previously been treated as a commodity, rather than human."

And, unexpectedly, one of the donations included a hardback children's bibles.

Allen also mentioned that the seminar served as an event to engage in community awareness.

"There are still many that do not understand or know about the phenomena of human trafficking. Human trafficking is the number one crime globally, surpassing illegal drugs and firearms sales. Also, I wanted to give a voice to those that are affected by human trafficking by letting the public know that they are victims, not offenders," Allen said. "Any of us can become victims of human trafficking; we are not immune. As an institution of higher learning, we shoulder some of the responsibility of informing and educating the public. Human trafficking doesn't just encompass commercial sex, which is familiar to most, but it also involves forced labor, debt bondage and in some extreme cases organ removal. We must recognize the signs."

Along with Criminal Justice being one of the co-department sponsors, the seminar was relative to Criminal Justice courses, Criminal Justice Ethics and Evidence Collection and Preservation which addresses processing crime scenes and locating trace evidence that is often invisible at the scene.

Guest speakers were strategically chosen by Allen.

"I wanted to bring the very best to Saint Leo University because this is a very important issue. As you saw above, Dekalb County has been aggressive in their attempts to eradicate human tracking and have the success rate to boast," said Allen. "Dekalb County Police Department has one of the best VICE Units in the Metro Atlanta Area that combats human trafficking. The Dekalb County District Attorney's Office works progressively to prosecute offenders and educate the court system to distinguish between prostitution and human trafficking. Additionally, both entities work harmoniously with the FBI (Federal Bureau of Investigation) creating a beautiful crime-fighting relationship between local and federal government."

"The seminar was a tremendous success, the speakers were phenomenal, they kept the audience engaged, answered questions throughout the presentation, were very knowledgeable in their fields; and truly educated the attendee's," explained Allen. "During the breaks of the presentation, many attendees expressed their enjoyment, also the content from the seminar was discussed in class later that evening. I feel as though my mission was accomplished because attendees engaged in open dialogue about human trafficking. The turnout was great, we hosted almost 30 attendees, and they have expressed interest in attending Part II in January 2018."

Arts & Entertainment

An Upgraded Pokemon Vacation

By Austin Chiavaroli
Contributing Writer

"Pokémon Sun and Moon" was released last year, and was well received and loved for mixing up the formula of the Pokémon game franchise. However, many fans and critics still had their issues with the games. The developers at Gamefreak quickly began work on another game that would enhance "Sun and Moon" and make it more enjoyable to all players. "Pokémon Ultra Sun and Moon" was released on Nov. 27 for the Nintendo 3DS, and Pokémon fans were hyped to see what the two new games had in store.

The main story isn't very different from the original "Sun and Moon." The player's eleven-year-old character has moved and arrived in the Alolan region, a still-Hawaiian themed area. The player has a quick tutorial on how to catch Pokémon and most of the Pokémon basics like in every other game, and is then sent on a journey to beat the Pokémon trials on the different islands. The player runs into a villainous team called Team Skull, and a group of charitable individuals called the Aether Foundation. When the player meets a girl named Ellie and her special Pokémon, Nebby, they go on adventures with the player's new town friend/rival Hau.

While this story borders the same lines as the last two games, "Pokémon Ultra Sun and Moon" has some new twists and story elements added in to make it slightly new and less predictable than the story from the last games.

One great thing about the game is how aesthetically pleasing it to play it. While "Pokémon Sun and Moon" was pretty and colorful, these versions have better-detailed areas and a more appealing UI (menu). There is also more detail in dialogue when interacting with other characters in the game than there was in its predecessor.

The games Alolan trials are much better from the ones in the last games, with much better puzzles to solve and new trial Pokémon that put up more of a challenge for the player. However, the regular trainers could use more work as most only had one to four Pokémon on their team instead of the six that a normal trainer should have.

The games have continued with the fan-favorite gameplay of using Pokémon to get around the Alolan region, adding a new type for getting across water called Mantine Surf. It is essentially riding on the back of a Mantine like a surfboard and going over waves for a short amount of time. By pressing certain buttons, the player can rack up points, which can then be used to buy items at the surf shop. Speaking of Pokémon, there aren't many new Pokémon that have been added to "Ultra Sun and Moon", though there are some new ultra-beasts.

Another new addition is the dimensional pockets and wormholes the player can run through and catch specific and even legendary Pokémon. In the post-game, there are a few new things that players can do, as well; they can visit the team rainbow rocket and take on leaders from villainous teams in past games. They can also look for totem stickers that, when obtaining enough, allow the player to have a chance at capturing a totem Pokémon.

There are still some issues with this game that many fans wish Gamefreak could have taken time to improve on. Once again, the story is still pretty much the same, which is a shame because most fans were excited for a new story in the Alolan region. Another issue is how easy the games still are. Some Alolan trials, if the player has grinded enough, can be a breeze to get through and can be finished within a few minutes. And finally, while the team did improve on the writing and dialogue for the characters found in the region, the main characters and villains dialogue is still very stiff and mediocre at best.

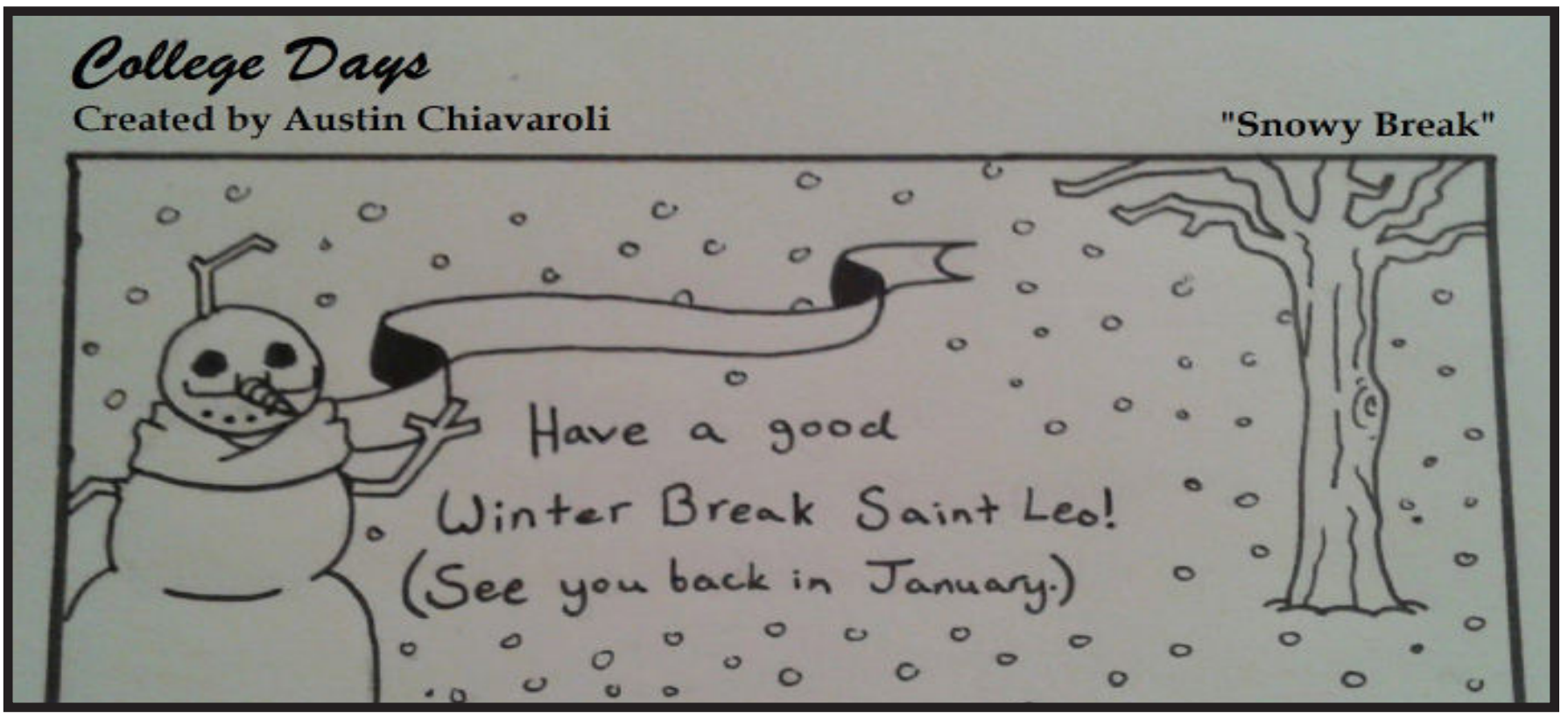
"Pokémon Ultra Sun and Moon" has a lot of cool and interesting things to keep a player busy and coming back to the game, but so did the first "Sun and Moon" games. If you haven't played "Pokémon Sun and Moon" or are a Pokémon fan that wanted more from the last games, then this game is recommended for you.

Season Review Score:
4 out of 5 Paws

Brionne is one of many new starter evolutions in "Pokémon Ultra Sun and Moon."

There are even more superbeasts than before in the Alolan region.

Photos by @7thGenPokemo



Arts & Entertainment

Superheroes Take Over in "Justice League"

By Laurian Simpson
Contributing Writer

"Justice League" the highly anticipated third DC comic book movie brings everyone's most beloved superheroes together all on one screen. "Justice League" premiered on Nov. 17, and is the fifth installment in the DC Extended Universe (DCEU). It is a jampacked action film directed by Zack Snyder (Wonder Woman). The film has a massive cast comprised of actors such as Ben Affleck starring as Batman and Gal Gadot (Wonder Woman) who works fervently to recruit a star-studded team. The rest of the cast was composed of Henry Cavill (Superman), Ezra Miller (The Flash), Jason Momoa (Aquaman), and Ray Fisher (Cyborg) to defeat Ciaran Hinds who stars as Steppenwolf, the leader of the Parademons.

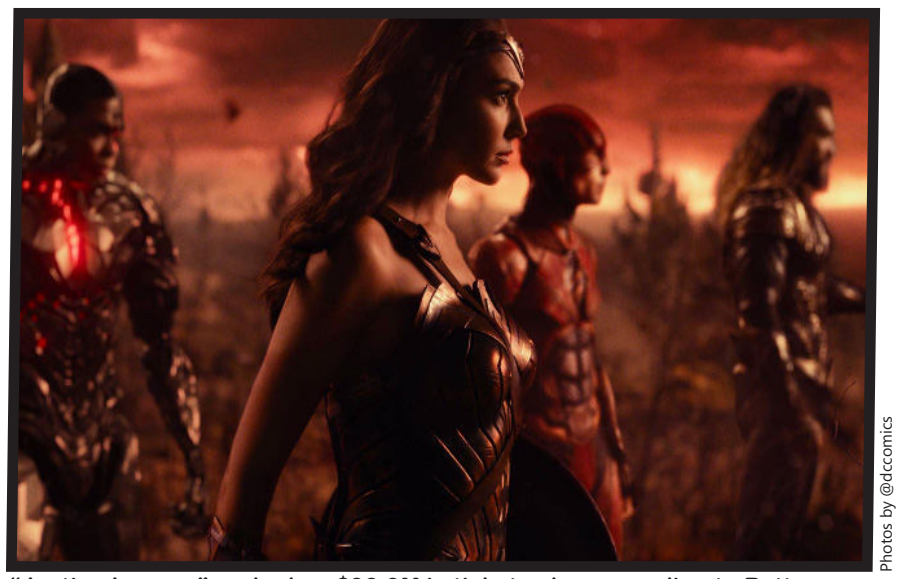
The film was a large-scale success and quickly became one of the most popular superhero movies of its time and is the second most-expensive film ever made, as its budget was 300 million USD. "Justice League" features the best organization of DC superheroes with its action-filled plot and its comedic scenes which aids in the lightening of the mood and also makes the DC universe appeal to the family-oriented crowd.

In any case, what "Justice League" offers as far as star blast amusement, it lacks where a thematic substance is concerned. While "Man of Steel" and "Batman Vs. Superman" were social anecdotes told from comic book tentpoles, "Justice League" is to a higher degree, a regular story about superheroes from various backgrounds coming together to fight a common adversary. "Justice League" serves as an image of solidarity for humankind, finished with the world-building image of DC films that audiences have generally expected from present-day, shared universe blockbusters. This likely implies that there is a lot of continuing for "Justice League" to benefit the majority of its sensational minutes and plot focuses similarly, bringing about particular story/character components that are discernibly better created over others. Overall, "Justice League's" finished edition makes a strong depiction with regards to streamlining, what was obviously a larger film at one point, into a two-hour action-filled experience that never drags and gives straightforward, yet entire bends for practically every one of the leading actors. This is evident in the different "Justice League" trailer moments that are not in the film.

The performance and screen chemistry between and from the cast of "Justice League" itself, fill in as the magic that binds the film. Affleck and Gadot both are perceptibly more comfortable in their particular hero parts within the movie, which expands on their past DC film appearances. This permits their variants of Batman and Wonder Woman to innately develop into being the mother and father in the "Justice League" family. Of the three less official superheroes, Miller as The Flash or Barry Allen effortlessly steals the scenes. He gives rise to heaps of charm, hilarity, and emotion to his execution as the League's most eager, however, least experienced member, one whose "Speed Force" powers are among the film's most amazing visual impacts. Fisher, too, makes a lasting impression here as the more "broody Cyborg," who is mainly the brains behind the operation" and whose story (much like his capabilities, conceived from alien tech) is ready for advance investigation later on. While Moama is similarly engaging as Aquaman (the demigod/maverick of the group), he is duped as far as advancement here, perhaps to spare space for his solo film in 2018. Momoa's "Justice League" scenes are sufficient to leave one wanting to take in more about the character and his aquatic superpowers.

Overall, "Justice League" prevails at accomplishing what it set out to achieve and opens the way for the next flood of DC films while moving the franchise in a new direction, without casting off the folklore presented in past DC films or flat-out reviving the franchise. It can be deemed worthy of compromise, all things considered; it provides fans of Snyder's past DC comic book alterations with a feeling of conclusion, while it sets the table for another and energizing future in the DC world. While that keeps "Justice League" from opening slots for a new hero genre from a story viewpoint, it implies that the League itself, ought to have better luck at joining together and not separating. Ultimately if you have some free time, a couple of bucks to spare, find a theater near you and enjoy the movie.

Season Review Score:
4 out of 5 Paws



Photos by @dccomics

"Justice League" racked up $93.9M in ticket sales according to Rotten Tomatoes.

Photos by @dccomics

"Justice League" is seen as the first movie to bring together most of DC heroes.

Sports

Athletic Giving Challenge Surpasses Goal

By Vincent Pensabene
Sports Editor

Photo courtesy of: @saintleolions.com

Saint Leo University's Athletic Department held it's inaugural Athletic Giving Challenge and thanks to the donors, exceeded 12 percent more than they expected.

Saint Leo Athletics had a goal of raising more than $100,000 during its first Athletics Giving Challenge that began on Oct. 16. The campaign ended on Nov. 17 and clearly passed its goal with a total of $112,141 that was raised for Saint Leo Athletics from 1,082 donors.

Saint Leo's director of athletics, Francis X. Reidy was appreciative of the support the challenge received. "The generosity of the alumni, parents, and other supporters of Saint Leo Athletics has been most gratifying, and will have a tremendous impact on the experience of our approximately 375 student-athletes."

Baseball led all of the Saint Leo teams with $18,266 donated, which rewarded the team with a $2,000 credit toward the purchase of additional team apparel with Adidas, through Saint Leo's departmental-wide contract with the company.

Softball was second with $13,203 and will receive a $1,000 credit toward team apparel from Adidas. Men's lacrosse finished in third raising $9,761 and received a $750 Adidas apparel credit. The men's lacrosse program also won the challenge of most individual donors of $10 or more in the final 48 hours, receiving an additional $400 Adidas credit.

Men's soccer had the highest amount of alumni participation and will receive a $600 Adidas credit. The Women's lacrosse had the most individual donors in the final 48 hours of the Athletic Giving Challenge and received a $400 credit towards Adidas team apparel.

Saint Leo University has been partnered with Adidas over the past decade and continues to sponsor the Lions with the incentives that were awarded in this year's Athletics Giving Challenge.

Readers can continue to donate to Saint Leo Athletics at any time throughout the year through the University Advancement website at www.SaintLeoLions.com/donate. Any donations received by the University prior to December 31, 2017 may be deductible on 2017 Federal tax returns.

Upcoming Games
Week Ending
12/1/17 - 12/7/17

Men's Basketball

12/2- @ Palm Beach Atlantic 4:00 p.m.
12/6- vs Edward Waters 7:00 p.m.

Women's Basketball

12/2- @ Palm Beach Atlantic 2:00 p.m.
12/5- vs Ave Maria 7:00 p.m.